

# Little Foodies in the Kitchen

I O P E N E R S

2010 Recipe Book

Presented by:



Sponsored by:



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# Your Cooking Guide

## Cooking Measurement Abbreviations

Abbreviation	Measurement
tsp	teaspoon
Tbsp	tablespoon
fl	fluid
oz	ounce
pkg	package
c	cup
pt	pint
qt	quart
gal	gallon
lb	pound
sm	small
lg	large

## Cooking Measurement Equivalents

1 cup = 48 teaspoons
1 cup = 16 tablespoons
1 cup = 8 fluid ounces, 8 fluid ounces
1 pint = 2 cups, 16 fluid ounces
2 pints = 1 quart, 32 fluid ounces
1 quart = 4 cups
4 quarts = 1 gallon, 8 pints, 16 cups
1 tablespoon = 3 teaspoons
pinch / dash = 1/16 teaspoon
1/16 cup = 1 tablespoon
1/8 cup = 2 tablespoons
1/6 cup = 2 tablespoons + 2 teaspoons
1/4 cup = 4 tablespoons
1/3 cup = 5 tablespoons + 1 teaspoon
3/8 cup = 6 tablespoons
1/2 cup = 8 tablespoons
2/3 cup = 10 tablespoons + 2 teaspoons
3/4 cup = 12 tablespoons

## Oven Temperatures

Oven Level	Fahrenheit
Warming Foods	200° to 250°
Very Low (or Slow)	250° to 275°
Low (or Slow)	300° to 325°
Moderate	350° to 375°
Hot	400° to 425°
Very Hot	450° to 475°

## Recommended Safe Cooking Temperatures

<b>Beef / Lamb / Veal</b>	
Rare	140°
Medium	160°
Well Don	170°
<b>Chicken / Duck / Goose</b>	175° to 180°
<b>Fish</b>	120° to 137°
<b>Ground Meats</b>	
Beef, lamb, pork	160°
Chicken, turkey	165°
<b>Pork</b>	
Chops, roast	160° to 165°
Cured	140°
<b>Sausage</b>	160°
<b>Turkey</b>	
Bone-In	180°
Boneless roast	170°
<b>Eggs</b>	
Casseroles, sauces	160°
Fried, poached	cook until yolk and whites are firm

## Garlic Roasted Chicken Breasts

4 ea	Chicken Breasts
½ ea	Yellow Onion
2 ea	Stalks of Celery
2 ea	Carrots
1 cup	Broccoli
6 ea	Garlic Cloves
1 ea	Sliced Lemon
TT	Thyme

Sear chicken breasts in canola oil, 2 breasts at a time, 3 minutes per side, then set aside.

Brown the onion in same pan for a minute then add carrots and garlic. Cook for 3 minutes then add celery, broccoli, lemon and thyme.

Place chicken on top of vegetables in skillet and bake in oven for 20 minutes at 400°.

Submitted by Chef Emily Mires  
Brush Creek Elementary  
Age 10



## Vegetarian Taco

½ ea	Tomato, diced
½ ea	Avocado, sliced
5 to 7 ea	Large Black Olives, sliced
1 ea	Whole Wheat Tortilla
2 tsp	Cilantro, chopped
½ cup	Cheddar Cheese, grated

You can put these ingredients on in any order. Melt the cheese on the tortilla. Put the sliced ingredients on after you have melted the cheese. Roll up the tortilla and enjoy! This recipe will serve one, I hope you like it!

Submitted by Chef Mollie Sarah McCoy  
June Creek Elementary  
Age 10



## Chunky White Bean Soup

12 oz	Lean Ground Turkey
1 ea	Onion, chopped
1 tbsp	Olive Oil
2 ea	Great Northern Beans, drained (15 oz. cans)
16 oz	Green Salsa, mild
1 $\frac{3}{4}$ cup	Low Sodium Chicken Broth
1 $\frac{1}{2}$ tsp	Cumin
1 cup	Roasted or Canned Corn

Cook onion in oil, add turkey and brown. In a large pot, add all ingredients and simmer until hot. Garnish with sour cream, cheese or avocado.

Submitted by Chef Meaghan Forbes  
Red Hill Elementary  
Age 10

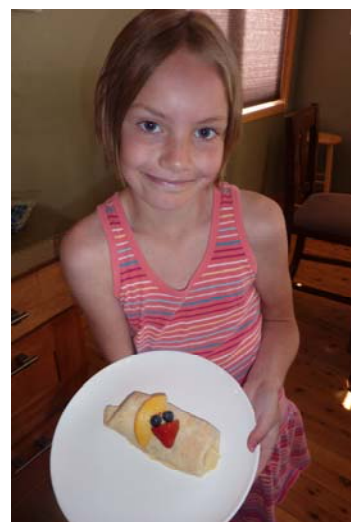


## Kaela's Honey Fruit Crepes

2 cup	Non-fat Milk
1 cup	Flour
2 ea	Egg Whites
1 ea	Egg
1 tbsp	Honey
1 tbsp	Olive Oil
1/8 tsp	Salt
½ tsp	Vanilla
	Strawberries
	Blueberries
	Peaches

1. Mix dry ingredients in bowl.
2. Mix liquid ingredients in separate bowl.
3. Combine both bowls (My dad says use a spatula but my mom says use a whisk).
4. Heat skillet to 7 or medium high.
5. Wash and cut fruit (with adult).
6. Spray skillet with non-stick spray (Pam).
7. Pour ½ cup batter onto skillet and spread around to make thinner.
8. Leave until bubbles in the middle, then flip to other side.
9. Once done, turn stove OFF.
10. Enjoy my crepes!

Submitted by Chef Kaela Ann Fahrney  
Avon Elementary  
Age 10



## Cranberry Orange Relish

2 cup      Raw Cranberries  
1 ea        Orange, unpeeled, cut in quarters  
1 ea        Apple, core removed, cut in quarters  
½ cup      Sugar  
              Grated Lemon Peel  
              Grated Lime Peel

Put all in food processor and grind up.  
Ready to serve!

Submitted by Chef Katie Deck  
Eagle County Charter Academy  
Age 10



## Dad's Pico de Gallo

4 cup	Tomatoes, diced
1 cup	Red onion, diced
1 cup	Cilantro, lightly chopped
¼ tsp	Cumin
TT	Salt and Pepper
1 ea	Lime, juiced (optional)
1 ½ cup	Cooked Shrimp, chopped
1 ea	Jalapeno, diced (if you like spicy)
1 ½ cup	Cooked Shrimp, diced

Mix all ingredients together.

Submitted by Chef Jillian Byron  
Brush Creek Elementary  
Age 10

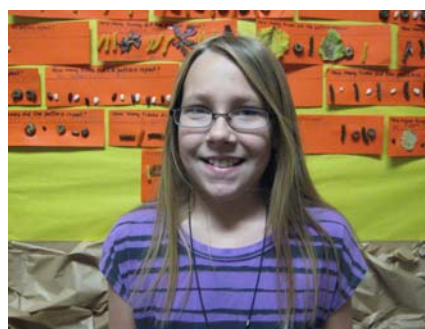


## Ravioli and Zucchini Lasagna

2 ea	Medium Zucchini, cut length wise ¼ inch thick
1 ea	Package Cheese Ravioli
3 tsp	Olive Oil
1 ea	Small Onion, chopped
1 ea	Garlic, chopped
8 oz	Italian Sausage
1 ea	26 oz. Jar Spaghetti Sauce
1 cup	Mozzarella Cheese
¼ cup	Parmesan Cheese

Heat oven to 375° and grease cake pan. In a large pot, boil water over high heat. Add zucchini and cook 5 minutes. Remove zucchini and drain on paper. Bring water back to boil and add ravioli, cook until they float. Heat olive oil over medium heat and add onion and garlic, cook 8 to 10 minutes then add beef. Cook until golden brown then stir in sauce and heat to boil. Drain ravioli and add to meat sauce. Layer zucchini and top with ravioli, mozzarella cheese and parmesan cheese. Repeat layering all ingredients. Bake 20 minutes or until hot golden brown and bubbly on top.

Submitted by Chef Sara Dittmore  
June Creek Elementary  
Age 11



## Bobo's Frittata

3 cup	Zucchini
¼ cup	Bisquick
½ cup	Onion, chopped
½ cup	Parmesan Cheese
2 tbsp	Parsley
1/3 tsp	Salt
3 to 5 ea	Garlic Cloves, chopped
4 ea	Eggs

Mix all ingredients, spread in glass baking pan.  
Bake at 360° for 35 minutes!

Submitted by Chef Jake Vickerman  
Eagle County Charter Academy  
Age 10

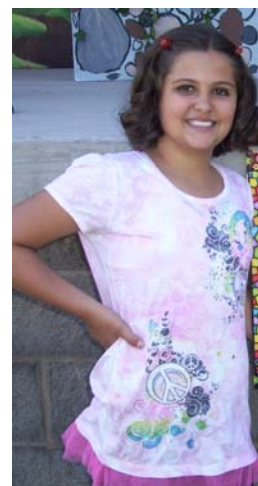


## Fancy French Toast

- 1 ea Loaf of Wheat Bread or Gluten Free Bread
- 2 ea Farm Fresh Eggs
- 1 cup Non Fat Milk
- 1 tsp Vanilla
- 1 tsp Almond Extract
- ½ tsp Cinnamon
- 1 cup Cinnamon Chex Cereal (gluten free)
- ½ cup Udi's Vanilla Granola
- ½ cup Macadamia Nuts
- Pam Spray
- Butter
- Powdered Sugar
- Sliced Strawberries

1. Mix eggs, milk, vanilla, almond extract and cinnamon in a shallow dish.
2. Crush cereal, granola and macadamia nuts with flat side of spoon on a plate.
3. Heat pan over medium-high heat and coat with Pam.
4. Dip both sides of bread into egg-milk mix.
5. Dip both sides of bread into cereal-granola mix (and pat down).
6. Put on heated pan.
7. Cook for about 4 minutes and then flip and cook 4 more minutes.
8. Remove Fancy French Toast and put on a plate.
9. Serve with butter, sprinkled powdered sugar and sliced strawberries.
10. Enjoy your fun-tastic meal!

Submitted by Chef Natalie Marner  
Gypsum Elementary  
Age 10



## Chipotle Tilapia

4 ea	Tilapia
1 tbsp	Parsley
1 ea	Chipotle Cube
1/3 cup	Lemon Juice
1/3 cup	Olive Oil
TT	Black Pepper
TT	Season Salt (optional)

1. Wash tilapia and combine chipotle, lemon juice and olive oil over fish and toss around. Let sit for about 3 to 5 minutes.
2. Sprinkle parsley and black pepper to taste over fish. Add season salt if desired. Be careful not to add too much.
3. Preheat oven to 400° and bake for 17 to 20 minutes. Tilapia may be grilled instead if you prefer.
4. Relax and enjoy!

Submitted by Chef Thanya Gutierrez  
Edwards Elementary  
Age 11



## Allie Cakes

1 c & 2 tsp Flour  
1 cup Powdered Sugar  
¼ tsp Salt  
2 tsp Baking Powder

In another bowl:

2 ea Eggs, beaten  
1 cup Milk  
2 tbsp Cooking Oil

1. Mix dry ingredients.
2. Mix eggs, milk, oil.
3. Mix together.
4. Melt butter in skillet (Low Heat).
5. Pour batter into skillet (just like pancakes).
6. Wait until bubbles form and pop to flip.
7. Top with your favorite berries and cream  
(no butter or sugar needed – it's already in the mix).

I decided to make pancakes one day and accidentally used powdered sugar instead of flour. My mom told me I had added powdered sugar instead of flour and I was embarrassed. We decided to taste it and see if they would work so we added the flour and learned they work if you cook them slow with butter.

Submitted by Chef Allie Darlene Pugmire  
Edwards Elementary  
Age 10



## Anna's Appealing Apples

All you need is... Apples, Cinnamon and Sugar....

1/3 cup      Sugar  
1 tsp        Cinnamon

Peel and Slice apples.  
Mix sugar and cinnamon.  
Put the apples on food dehydrator.  
Sprinkle with cinnamon and sugar mixture.  
Dehydrate for at least 24 hours.

Submitted by Chef Anna Jean Pugmire  
Edwards Elementary  
Age 10

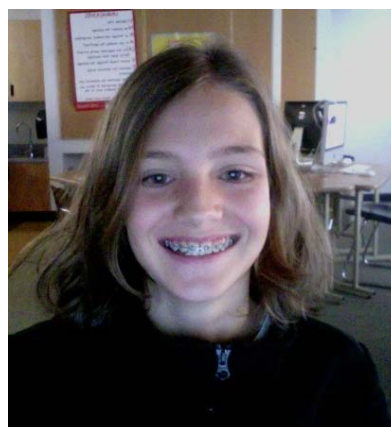


## Jessie's Breakfast Burrito

7 ea	Eggs
2 tbsp	1% Milk
1 tbsp	Butter
½ to 1 cup	Cheddar Cheese, shredded
¼ cup	Cilantro
6 ea	Whole Wheat Tortillas
TT	Salt and Pepper
	Salsa (optional)
	Cilantro for Garnish (optional)

Mix eggs and milk in bowl. Melt butter in pan. Cook eggs on medium heat, stirring and adding cilantro at the very end. Spoon egg mixture onto whole wheat tortilla. Sprinkle cheese over eggs and add salt, pepper and salsa if desired. Garnish with cilantro and enjoy!

Submitted by Chef Jessie Hawkins  
Red Sandstone Elementary  
Age 10



## Eggplant Parmesan

1 ea	Large Egg Plant
¼ cup	Breadcrumbs
½ cup	Flour
2-3 ea	Eggs
2 cup	Spaghetti Sauce
1 ½ cup	Mozzarella Cheese, grated
½ cup	Parmesan Cheese

Peel and slice egg plant, half inch thick. Dip in flour, egg and bread crumbs. Heat oil in pan and brown eggplant on both sides. Put in casserole dish. Top with mozzarella, then spaghetti sauce, then parmesan. Bake at 350° for 40 minutes.

Submitted by Chef Mara Millette  
Eagle County Charter Academy  
Age 11



## Macaroni and Cheese with Peas

2/3 cup Cheddar Cheese, shredded  
1/4 cup Milk  
1 ea Whole Wheat Pasta, 10 oz. box or bag  
1 ea Peas, 12 oz. bag

Boil two pots of water. In one pot, put 1/3 cup of water. In other pan, put 5 cups of water. In the pan with more water, put the noodles and cook according to directions. In the other pan, cook peas according to directions. While they are cooking, warm 1/3 cup of cheese in a bowl with 1/4 cup of milk for 45 seconds. When pasta and peas are done, drain water and mix together, add cheese sauce. Sprinkle other 1/3 cup of cheese on top and enjoy!

Submitted by Chef Gabrielle Trueblood  
Edwards Elementary  
Age 10



## Clam Chowder

1 tbsp	Butter
1 ea	Onion, chopped
½ ea	Green Pepper, chopped
4 cup	Potatoes, cubed
1 ea	Clove of Garlic, minced
1 tsp	Salt
TT	Pepper
¼ cup	Flour
2 cup	Milk
1 cup	Water (varies)
8 oz	Whole Clams
8 oz	Minced Clams (with juice)
Dash	Tabasco sauce
2 ea	Tomatoes, chopped (optional)

Melt butter and sauté onion, pepper, garlic and salt. Blend flour with milk and put in deep pot. Add onion mix. Cook and stir until thick. Add potatoes, clams and Tabasco sauce and simmer. Top with a little cheese.

Submitted by Chef Rob Hixon  
Eagle Valley Elementary  
Age 10



## Chicken Lo Mein

1 ea	Package Chinese Egg Noodles	1 tsp	Water
1 tbsp	Dark Sesame Oil	¼ cup	Low Sodium Chicken Broth
8 ea	Bok Choy Leaves	2 tbsp	Oyster Sauce
2 ea	Boneless Chicken Breasts	½ tsp	Sugar
¼ cup	Soy Sauce	3 tbsp	Peanut Oil
2 tsp	Cornstarch	1 cup	Sliced Carrots

1. Bring large pot of water to a boil. Carefully add noodles to the boiling water, stirring with a wooden spoon to separate. Cook for about 2 minutes, stirring several times, until they are firm but cooked through.
2. Using oven mitts, ask an adult to drain the noodles into a colander. Put noodles back into pot and toss with sesame oil. Set aside.
3. Wash the Bok Choy and pat dry with paper towels. On a cutting board, slice the Bok Choy across the ribs into ¼ inch thick slices.
4. On a cutting board, cut the chicken into 1 inch pieces.
5. Mix soy sauce, cornstarch and water together in a medium bowl.
6. Add the chicken to the soy sauce mixture and coat well.
7. In a small bowl, whisk the chicken broth, oyster sauce and sugar together. Set aside, you will use this towards the end of the stir-fry.
8. Heat 1 tablespoon of peanut oil on medium-high heat in the wok (or heavy frying pan). Add Bok Choy and carrots. Cover and cook for about 3 minutes or until Bok Choy has wilted. Remove with a slatted spoon and place into a large serving bowl.
9. Heat another tablespoon of peanut oil on medium-high heat in the wok. Stir-fry the chicken pieces for about 5 minutes until cooked through. Remove from wok, add to the serving bowl and toss.
10. Heat the remaining 1 tablespoon of peanut oil on medium-high heat. Add the cooked noodles and stir-fry until they are heated.
11. Stir in the vegetables and chicken. Add the oyster sauce mixture, cover and cook for 2 minutes.
12. Return to the serving bowl and serve.

Submitted by Chef August Mayer  
Meadow Mountain Elementary  
Age 10



## Chunky Apple Cake

8 cup	Green Apples, chopped
1 ½ cup	Sugar
6 tsp	Butter
2 ea	Eggs
1 tsp	Vanilla
1 tsp	Cinnamon
1 tsp	Nutmeg
2 cup	Flour
2 tsp	Soda
1 tsp	Salt

Mix all ingredients except apples. Add apples to mixture. Sprinkle with additional cinnamon and sugar. Bake in greased 10x12 glass pan at 350° for approximately 45 minutes.

Submitted by Chef Sophia Minar  
Eagle County Charter Academy  
Age 10



## Steamed Corn Succotash

- 1 to 2 ea Anaheim Chili
- 1 ea Orange Bell Pepper
- 1 ea Red Bell Pepper
- 1 tsp Butter
- ½ ea Purple Onion
- 1 tsp Crushed Garlic
- TT Black Pepper
- TT Seasoned Salt
- 6 ea Ears of Corn (or 2 bags of frozen corn)

Dice and cube Anaheim chili, orange bell pepper, red bell pepper and purple onion. Cut corn off the cob, then put all ingredients in a big pan and add ¼ cup of water. Steam. For taste add butter, black pepper, seasoned salt and crushed garlic. Enjoy your Steamed Corn Succotash!

Submitted by Chef Michael Dixon  
Red Hill Elementary  
Age 10



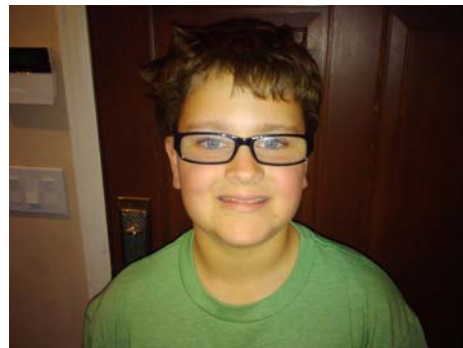
## Sweet Salsa

15 ea      Large Tomatoes  
OR  
42-45 ea    Roma Tomatoes

1 ea        Large Onion  
3 ea        Jalapeños (1 mild)  
1 ea        Bell Pepper (2 if mild)  
2 ea        Garlic Cloves  
½ cup      Sugar  
½ cup      White Vinegar  
1 tbsp      Salt

Skin tomatoes and chop all vegetables. Cook then add sugar, vinegar and salt. Boil then simmer.

Submitted by Chef Ian Savage  
Red Hill Elementary  
Age 11



## Icy Shrimp Cocktail

1 ea      Orange  
20 ea     Shrimp  
1 tbsp    Cilantro, snipped  
TT        Salt and Pepper  
            Orange Wedges  
            Green Olives  
            Mint Leaves

1. Peel, devein and cook shrimp.
2. Peel, section and coarsely chop orange
3. Toss (gently) with shrimp
4. Add cilantro, salt and pepper to taste
5. Chill
6. Serve with extra orange wedges, green olives skewered and mint leaves. Will serve 4 people.

Submitted by Chef Josh Brode  
Brush Creek Elementary  
Age 10



## Fruit Pizza

### Sugar Cookie Dough:

1 cup Shortening  
 1 ¾ cup Sugar  
 1 cup Sour Cream  
 2 ea Eggs  
 1 tsp Vanilla  
 4 cup Flour  
 1 tsp Soda  
 ½ tsp Salt  
 1 tsp Baking Powder

### Cream Cheese Frosting:

2 cup Powdered Sugar  
 10 oz Cream Cheese  
 1 tsp Vanilla  
 Dash Salt

### Fruit Pizza:

1 ea Prepared Sugar Cookie, baked and cooled on pizza pan or stone  
 1 ea Prepared Recipe of Cream Cheese Frosting  
 2 ea Mangos, julienne  
 8 ea Fresh Strawberries, sliced  
 Additional berries, grapes, blueberries, kiwi, pineapple, seasonal fruit, etc.

### Sugar Cookie Dough:

Mix cream sugar and shortening together in a mixer. Add eggs, sour cream and vanilla. Mix in dry ingredients. Cover with plastic wrap and chill for 1 hour. The dough will be very sticky so use lots of flour when rolling it out. Roll out, approximately ¼ inch thick, onto a round pizza pan or stone. Trim or build up edges if necessary. Bake at 375° for 16 to 20 minutes, until dough is thoroughly cooked. Allow to cool for approximately 30 minutes.

### Cream Cheese Frosting:

In a mixing bowl, mix cream cheese until fluffy. Gradually add powdered sugar, vanilla and salt.

### Fruit Pizza:

Frost cooled sugar cookie with cream cheese frosting.  
 Arrange fruit decoratively on top.  
 Refrigerate and chill for at least one hour.

Submitted by Chef Carlie Michaelis  
 Eagle Valley Elementary  
 Age 10



## Roast Beef Salad

### Vinaigrette:

½ cup	Olive Oil
¼ cup	Red Wine Vinegar
¼ cup	Sugar
2 ea	Garlic Cloves, crushed
¼ tsp	Salt
¼ tsp	Pepper
¼ tsp	Dry Mustard
¼ tsp	Onion Powder

### Salad:

Lettuce
Tomato
Carrots
Red Pepper
Lean Roast Beef
Cheese
Crunchy Rice Noodles

1. Mix all ingredients for vinaigrette and chill.
2. Make salad.
3. Top with bite sized pieces of roast beef.
4. Sprinkle with crunchy rice noodles and cheese.
5. Pour on vinaigrette.

Submitted by Chef Sarah Smith  
Eagle County Charter Academy  
Age 10



## Summer Cake

8 cup	Assorted Berries
1 cup	Water
¾ cup	Sugar
1 tbsp	Vanilla Extract
18 oz	Sponge Cake
	Whipped Cream (optional)

1. Mix 6 cups of berries with water and sugar in large saucepan over medium heat. Stir gently until sugar dissolves, about 15 minutes. Remove from heat.
2. Stir in 1 1/2 cups of berries. Strain berry mixture, save all juice and berries. Stir vanilla extract into juice.
3. Line a 2 quart serving bowl with plastic wrap. Cut sponge cake to fit bottom of bowl. Dip in juice and place in bottom of bowl. Cut remaining pieces, dip and line sides of bowl.
4. Spoon berries into bowl and top with remaining sponge cake soaked in juice.

Submitted by Chef Harry Jaffe  
Eagle County Charter Academy  
Age 10



## Claire's Crabby Cakes with a Dollop of Chipotle Aioli and Tarter Sauce

### Crab Cakes:

1 lb Lump Crab  
 1 cup Panko Breadcrumbs  
 ¼ cup Fresh Tarragon, chopped  
 2 tbsp Dijon Mustard  
 ¼ cup Reduced Fat Mayonnaise  
 1 ea Egg  
 1 ea Egg White  
 1 ½ tsp Old Bay Seasoning  
 1 tbsp Fresh Lemon Juice  
 TT Salt and Pepper  
 Cooking Spray

### Sauces:

1 cup Reduced Fat Mayonnaise  
 1 ea Chipotle Pepper (canned in Adobe Sauce), plus 1 tbsp of sauce  
 1 ea Lime, juiced  
 2 tbsp Sweet Pickle Relish  
 TT Salt and Pepper  
 1 tbsp Tap Water

Preheat oven to 450°. Line a baking sheet with parchment paper or spray with cooking spray.

Stir together ½ cup breadcrumbs, tarragon, Dijon mustard, mayonnaise, egg, egg white, Old Bay, lemon juice and salt and pepper to taste. Add crab meat and fold in gently, so as not to break up the lumps. Form crab mixture into 16 small bite sized patties (about 2 tablespoons of mix each). Coat the crab cakes with remaining breadcrumbs and place on baking sheet. Spray crab cakes with cooking spray and bake at 450° for 8 minutes, then flip and bake for additional 8 minutes until both sides are golden brown.

While cakes are baking, prepare sauces:

Chipotle Aioli – mix ½ cup mayonnaise, chipotle and lime juice in a blender.

Tarter Sauce – stir together ½ cup mayonnaise with relish and water, add salt and pepper to taste.

Serve half of the cakes with a dollop of the chipotle aioli and the rest with a dollop of tarter sauce.

Submitted by Chef Claire Taagen  
 Eagle County Charter Academy  
 Age 10



## Sautéed Mushrooms in Parmesan Cup

### Mushrooms:

2 tbsp	Butter
1 tbsp	Olive Oil
1 ea	Small Shallot, minced
1 ½ lb	Small White Mushrooms, halved
1 tsp	Fresh Thyme, minced
¼ cup	Dry Red or White Wine (or water)
TT	Course Salt and Fresh Ground Pepper

### Parmesan Bread Cup:

Thin Bread Slices
Olive Oil
Parmesan Cheese

### Mushrooms:

In a skillet over medium-low heat, melt the butter with the oil. Add the shallot, cook and stir until soft, about 5 minutes. Raise the heat to medium. Add the mushrooms and season with salt and pepper. Cook covered until the mushrooms release their liquid, 5 to 6 minutes. Uncover and raise the heat to high. Cook, tossing until the liquid evaporates and the mushrooms are brown, 3 to 5 minutes. Add the thyme and wine (or water). Cook until the skillet is almost dry, 1 minute. Serve hot.

### Parmesan Bread Cup:

Preheat oven to 425°. Trim the crusts from the bread. Roll the bread with a rolling pin until very flat. Press a slice of bread carefully into each cup of a muffin tin. If the bread tears, press it back together with your fingers. Trim the excess bread off.

With a pastry brush, brush the bread with the oil. Sprinkle on parmesan cheese. Bake until the cups are golden brown and crisp. Allow to cool completely.

Scoop sautéed mushrooms into parmesan cups.

Submitted by Chef Christopher Seabury  
Brush Creek Elementary  
Age 10



## Dad's Garden Grilled Cheese Sandwich

2 ea	Eggs, beaten
1 ½ cup	Parmesan Cheese, grated
1 ea	Fresh Goat Cheese, 8 oz. package
8 ea	Slices of any Variety Bread
8 ea	Slices of Tomato
8 ea	Slices of Grilled Zucchini

Grill zucchini ahead of time. Combine olive oil, cracked pepper and oregano to your liking, a dash of Old Bay and a dash of season salt. Coat the zucchini with mixture and grill for a few minutes on each side

1. Place the beaten eggs in a wide, shallow bowl. Place the grated parmesan cheese in a wide, shallow bowl.
2. Spread the goat cheese onto one side of each slice of bread. Place two tomato slices and two zucchini slices between two pieces of bread and put together. Dip both sides into the beaten egg and allow the excess egg to drip off. Press both sides of the sandwich into the parmesan cheese, coating well on both sides. Repeat until all sandwiches are made.
3. Heat a large, nonstick pan over medium heat with about a tablespoon of butter. Cook the sandwiches until golden brown and crisp.

Submitted by Chef Hannah Hervert  
Eagle County Charter Academy  
Age 11



## German Goulash

1 lb	Beef Chuck, cubed
8 ea	Green Onions
2 to 3 tbsp	Butter
TT	Salt and Pepper
¼ tsp	Ginger
1 cup	H <sub>2</sub> O
1 cup	Tomato Sauce or Sliced Tomatoes
1 cup	Beef Stock
½ cup	Fage
1 cup	Mushrooms
	Paprika

Slice onions and brown in butter. Add the meat. Add the water, cover and let boil for 20 minutes. Add the beef stock and tomatoes, simmer for 10 more minutes. Add flour to thicken.

Submitted by Chef Alyssa Hilb  
Red Sandstone Elementary  
Age 10



## Parker's Stromboli

1 ea	Pizza Dough, store bought
1 cup	Fresh Spinach, finely chopped
1 cup	Mozzarella, grated
1 ea	Egg
TT	Fine Herb Seasoning
TT	Sesame Seeds
TT	Kosher Salt

- Chop the spinach
- Grate the cheese
- Flour the work surface
- Roll the dough into rectangle shape
- Place spinach and cheese on dough
- Sprinkle with fine herbs
- Roll dough into cylinder, starting on long side
- Press edges to seal
- Brush egg over top
- Sprinkle with seeds and salt
- Bake at 400° in oven for 25 minutes or until brown
- Cover with tin foil for first 15 minutes

Submitted by Chef Parker Rodeen  
Red Sandstone Elementary  
Age 11



## Quiche A La Mexico

1 ea	Pie Dough Shell
6 ea	Eggs
1 ea	Small Tomato
½ ea	Small Onion
½ ea	Jalapeño
1 cup	Spinach
1 cup	Cheese, shredded
6 ea	Bacon Strips
½ lb	Ground Beef
TT	Salt and Pepper

1. Preheat oven to 350°.
2. Chop the vegetables.
3. Cut the bacon into little squares and fry. Add ground beef and fry. Add vegetables and sauté.
4. Let them cool down.
5. Crack the eggs into a bowl and whisk.
6. Add vegetables and meat into egg mixture.
7. Add cheese, salt and pepper. Mix and pour into pie shell.
8. Bake for 35 minutes.

Submitted by Chef Lesley Diane Molinar  
Gypsum Elementary  
Age 10



## Venison Stuffed Poblano Peppers

5 ea	Poblano Peppers
1 lb	Venison
½ cup	Mushrooms, chopped
½ cup	Onions, chopped
1 ea	Package Garlic Breadcrumbs
2 cup	Cheddar Cheese, shredded
4 tbsp	Olive Oil
TT	Salt and Pepper
TT	Garlic Salt

Sauté venison in 2 tablespoons of the olive oil with onions, mushrooms and seasonings until brown. Cool and add the crushed breadcrumbs and cheese. Split the peppers lengthwise, seed them, and then stuff the meat mixture into the peppers. Drizzle the peppers with the rest of the olive oil and bake at 350° for 45 minutes. Will serve 4 to 6 people.

Submitted by Chef Kaden Gass  
Red Hill Elementary  
Age 11



## Green Spaghetti

	Spaghetti
	Sour Cream
	Cream Cheese
	Kernel Sweet Corn
1 ea	Green Pepper
1 tsp	Salt
1 tsp	Chicken Bouillon
	Artificial Green Food Coloring

Heat water on stove. Add the bouillon, salt and spaghetti. Fry green pepper on stove and then peel of skin. Put the peeled green peppers, food coloring, sour cream and cream cheese in blender then add to the spaghetti. Add the kernel corn.

Submitted by Chef Abril Arenales  
Red Hill Elementary  
Age 10



## Cherry Walnut Snack Bars

1 cup	Quick-cooking Oats
$\frac{3}{4}$ cup	Whole Wheat Flour
$\frac{1}{4}$ cup	Ground Flax Seeds
1 tsp	Ground Cinnamon
$\frac{1}{4}$ tsp	Salt
$\frac{1}{2}$ cup	Honey
$\frac{1}{3}$ cup	Unsweetened Applesauce
$\frac{1}{4}$ cup	Canola Oil
1 ea	Egg
1 ea	Egg White
$\frac{3}{4}$ cup	Chopped Dried Cherries
$\frac{1}{2}$ cup	Chopped Walnuts
$\frac{1}{4}$ cup	Apricot Preserves (only fruit, no sugar added)

Submitted by Chef Sydney Dietz  
Eagle County Charter Academy  
Age 10



## Santa Fe Salad

Romaine Lettuce  
Grilled Chicken Breast  
Black Beans  
Corn  
Salsa  
Low Fat Chipotle Ranch Dressing

Mix all ingredients in a bowl. Garnish with tortilla chips, cilantro and low fat cheese.

Submitted by Chef Olivia Crawford  
Brush Creek Elementary  
Age 10



## Jade's Ultimate 7 Layer Dip

Black Beans  
Avocado  
Sour Cream  
Rice  
Cheese  
Pico de Gallo  
Green Onions  
Baked Corn Chips

Mix all ingredients except baked corn chips together to make dip.

Submitted by Chef Jade Gallegos  
Meadow Mountain Elementary  
Age 10

